**Team Announcements**

Just wanted to say thanks to Julie Ask for sending along this great photo. Please send any or your best of the team to USF Aquatics at usfaquatics@gmail.com and we will try to share them in future newsletters.

**USF Masters Workouts**

Check out some 2020 virtual Masters Special events workouts coming up! Click here to sign up to classes. Please sign up each week 24 hours in advance so we can send you the link to the class.

- Sunday Spatula & Thursday Spatula: Plain Pizzas with Rosemary
- Tuesday & Thursday Team: Strength and Conditioning and Algong

**Koren Fitness Classes**

Looking for additional classes through Koret? Check out the available link for new virtual options!

**Other Dryland Workouts**

**Workout #1**
USF Masters offers workouts that target specific muscles for dryland training.

**Workout #2**
Try this 20-minute yoga session from SELF.

**Workout #3**
Check out this 20 minute power Yoga session from SELF on their website.

**Workout #4**
Add these stretches into your daily routine to improve your flexibility.

**Inspiring Quote of the Week**

"The best way to keep going, is to not give up. Keep getting up. Even if you fall 1,000 times, keep getting up. Keep trying. Keep building. Keep motivating. You can do it!"

**USMS**
Find out the latest info through the USMS Facebook page. Check out Masters Swimming on Twitter.

**Closing**

Follow @usfkoret on Instagram or @usfkoret on Twitter with our tag line and spread the word about our next newsletter with the aquatics department.

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